IN THE CLAIMS:

1. (Withdrawn) A method of providing nutrient compositions comprising: providing various nutrients for increasing bodily energy balance, which comprises: providing at least one nutrient in order to assist in fat oxidation and so provide glucose for energy; providing at least one nutrient in order to assist in gluconeogenesis and so provide glucose for energy; providing at least one nutrient in order to assist in conversion of existing muscular energy stores; providing at least one nutrient in order to assist in transport of any of above said nutrients into a muscle cell; providing various nutrients for decreasing muscle catabolism; and, providing various nutrients for increasing protein synthesis.

2. (Withdrawn) A method as in claim 1 wherein: said providing at least one nutrient in order to assist in fat oxidation and so provide glucose for energy further comprises providing HMB; said providing at least one nutrient in order to assist in gluconeogenesis and so provide glucose for energy further comprises providing L-Alanine; said providing at least one nutrient in order to assist in conversion of existing muscular energy stores further comprises providing Creatine; said providing at least one nutrient in order to assist in transport of any of above said nutrients into a muscle cell further comprises providing GPA; said providing various nutrients for decreasing muscle catabolism further comprises providing Glutamine; and, said providing various nutrients for increasing protein synthesis further comprise providing Putrescine and TMG.

3. (Withdrawn) A method according to claim 2, wherein the administering step is performed on a daily basis.

4. (Withdrawn) A method according to claim 2, wherein the administering step is performed following an exercise period.

5. (Withdrawn) A method of providing nutrient compositions comprising providing energy through exogenous nutrients, which further comprises providing a first compound

that may utilize endogenous fat stores; providing a second compound that may increase transport of endogenous energy stores; providing a third compound that may increase available energy to a muscle; providing a fourth compound that may assist in anticatabolic reactions and providing a fifth compound that may increase protein synthesis.

6. (Currently Amended) ~~An~~ A composition for enteral or parenteral administration comprising:

- Mono- or Dicreatine-HMB salt;
- Putrescine Dihydrochloride;
- Alanine
- L-Glutamine;
- Trimethylglycine; and,
- Guanidinopropionic Acid.

7. (Original) A composition according to claim 6 wherein the molecular ratio of Alanine to L-Glutamine ranges from 1:2 to 2:1.

8. (Currently Amended) ~~An~~ A composition for enteral or parenteral administration comprising:

- 1 to 10 grams by weight of Mono- or Dicreatine-HMB salt;
- 10 mg to 10 grams by weight of Putrescine Dihydrochloride;
- 1 to 30 grams by weight of an amino acid compound comprising Alanine chemically bound at a 1:1, 2:1 or 1:2 molecular ratio to L-Glutamine;
- 100 mg to 10 grams by weight of Trimethylglycine; and,
- 10 mg to 5 grams of Guanidinopropionic Acid.

9. (Currently Amended) The composition of claim ~~32~~ 8 formulated for enteral administration comprising said unit dosage form admixed with flavors and sweeteners.

10. Currently Amended) The composition of claim ~~32~~ 8 formulated for enteral administration comprising said unit dosage form contained in blended powder or one or more capsules.

11. (Currently Amended) A composition according to claim 32 wherein said composition is in the form of a powder, tablet, capsule, pill, liquid, food additive, candy, confection or nutrition bar.

12. (Original) A composition according to claim 11 wherein said powder is admixed with a liquid.

13. (Original) The composition of claim 8 in a sustained release form.

14. (Withdrawn) A method for enhancing the physical endurance of a mammal by administering to said mammal a therapeutically effective amount a composition comprising of: Mono- or Dicreatine-HMB salt; Putrescine Dihydrochloride; Alanine L-Glutamine; Trimethylglycine; and, Guanidinopropionic Acid.

15. (Withdrawn) A method for increasing the energy balance in a mammal which comprises administering to a mammal a therapeutically effective amount of a composition comprising: Mono- or Dicreatine-HMB salt; Putrescine Dihydrochloride; Alanine L-Glutamine; Trimethylglycine; and, Guanidinopropionic Acid.

16. (Withdrawn) A method according to claim 14, wherein administering is performed on a daily basis.

17. (Withdrawn) A method according to claim 14, wherein administering is performed following an exercise period.

18. (Withdrawn) A method according to claim 14, wherein the composition comprises an amount of from about 5 grams to about 100 grams per day.

19. (Withdrawn) A method according to claim 14, wherein the composition comprises an amount of about 9 grams to about 27 grams per day.

20. (Currently Amended) A ~~An~~ composition comprising 50% Dicreatine-HMB; 20% Alanyl-L-Glutamine; 10% TMG; 5% Putrescine Dihydrochloride; 5% GPA and 10% flavors and sweeteners.

21. (Withdrawn) A method according to claim 16, wherein said daily administration comprises at least two partial daily administrations of said composition.

22. (Currently Amended) A composition according to claim ~~32~~ 8 wherein said compound weights are adjusted according to predetermined factors.

23. (Original) A composition according to claim 22 wherein said predetermined factors include an individual's weight.

24. (Original) A composition according to claim 22 wherein said predetermined factors include an individual's exercise intensity.

25. (Original) A composition according to claim 22 wherein said predetermined factors include an individual's lean body mass.

26. (Original) A composition according to claim 22 wherein said predetermined factors include an individual's proportion of body fat to lean body mass.

27. (Original) A composition according to claim 22 wherein said predetermined factors include an individual's progress along a loading cycle.

28. (Withdrawn) A method according to claim 1, wherein administering is performed on a daily basis.

29. (Withdrawn) A method according to claim 28, wherein said daily administration comprises at least two partial daily administrations of said composition.

30. (Previously Presented) A composition according to claim 6 for enternal administration.

31. (Previously Presented) A composition according to claim 6 for parenteral administration.

32. (Previously Presented) A composition according to claim 8 for enteral administration.

33. (Previously Presented) A composition according to claim 8 for parenteral administration.